

Age	2026 Total Self-Contribution Limit	
Under age 50	\$24,500	
Age 50 to 59	\$32,500	Includes \$8000 “catch-up”
Age 60 to 63	\$35,750	Includes \$11,250 “super catch-up”
Age 64 and up	\$32,500	Includes \$8000 “catch-up”